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Bangalore Mirror

TEMP Max 30 | Min 21 | Humidity 71% Partly cloudy sky Sensex 52,846 | Nifty 15,774 | Gold 50,757 | Silver 60,060 | Dollar 78.09 | Euro 81.55 | GBP 95.13

Lack of facilities, sensitivity, leading to death of strays post procedure at animal birth control centres, allege animal activists, residents

STRAW DOGS

ABC centres picking up 'underage' dogs

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On June 11, one more stray dog died. It was a day after she was released post-surgery at an authorised Animal Birth Control centre (ABC) in the city.

The dog was picked up from Vivekanandanagar on June 1, only to be released after eight days. Residents of the area, looking after the dog, said it was a case of sheer negligence.

Animal welfare activists BM spoke to said the ABC centre neither informed the caretakers before picking up the dog nor was the dog released within three to four days. It was an underage dog, the locals alleged.

"Usually, the dogs are dropped back within three to four days after the surgery. However, in this specific case, the dog was released after eight days. Three dogs that were picked up from the area, including the one that passed away, were not of age. The puppies were picked up on June 1 and released only on June 9. The puppy in question was hardly moving. They had to physically push her out of the net," said Jacob Thomas, a resident of Vivekanandanagar.

Residents said within the next two to three hours the dog stopped eating and drinking, and passed away the very next day.

This is not a standalone case of a botched ABC process in the recent past. Activists and residents. alleged the Bruhat Bengaluru Mahanagara Palike's (BBMP) implementation of the programme led to many canine deaths in the past few months. In many cases, caretakers are not informed in advance about the pick-ups.

> **"One of the BBMP authorised centres picked up our community dog, James, without informing us. We were looking after him for more than seven years..."**
> — resident of Frazer Town

"A month ago, one of the BBMP authorised centres picked up our community dog, James, without informing us. We were

CONTINUED ON PAGE 6 »

Too smart to miss deadline?

BSCL yet to complete Avenue Road work even after 20 days of 20-day deadline

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If the slow pace of work on Avenue Road is any indication, Bengaluru Smart City Limited (BSCL) is all set to miss one more deadline to complete the ongoing works.

Businessmen and customers are cursing BSCL engineers for not meeting the deadlines to complete the developmental works. While the BSCL engineers are optimistic about completing all pending works in a month, businessmen and customers no longer take their assurances seriously.

"White-topping and development of footpaths was supposed to be completed in eight months but the BSCL took 18 months. BSCL authorities should have utilised the lockdown period to expedite the construction of footpaths and utility ducts. It is quite disgusting to see the BSCL extending deadlines on one or the other pretext," said Nagendra Kumar M of Vishnu Medicals.

Expressing concern over the delay in completing the development of footpaths, Ashok Kumar P, a businessman, said BSCL engineers are yet to fix underground drainage (UGD).

"Sewage from manholes and broken UGD pipes flooded the road and some shops a few days ago. It caused a lot of inconvenience to the businessmen. Dust is another

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Development 101

CMR Institute of Technology, presents Current Raiser of 'Ecopreneur Youth Startup competition & Summit 2022'. Highlights of this summit will be key national environmental issues which will be discussed with ideations to solve climate-change issues, importance of being environment-friendly and promote sustainability among the young entrepreneurs, build a vibrant startup ecosystem, developing decision-making skills. Key spokespeople are Ricky Kej (Grammy award winner & UNCCD Land ambassador), Nikhil Kamath (Co-Founder Zerodha and True Beacon), Dr Tristha Ramamurthy, Provost of CMR University.

Where: Go Native, Lavelle Road
When: June 15, 4.00pm onwards

02 Humour of life

Antharanga is staging Kailasam's humourous play "Home Rule" directed by YV Gundu Rao and "Kailasam Jhalak" by YV Gundurao. The play revolves round a hapless husband sandwiched between his dominant wife and nagging mother. It has got all ingredients of Kailasam's wit and humour. Kailasam Jhalak is focussed on life of Kailasam and his plays.

Where: Seva Sadana, 14th Cross, Malleshwaram
When: June 16 at 7.00 pm
For tickets: Rs 100, bookmyshow.com

03 Satrangi Mela

Bengaluru, get ready to own your pride! Satrangi Mela is touching down at Indiranagar SOCIAL this Sunday. The event also has a space for drag artists to perform along with singers, artists, with their talent. The event will also have masterclass and workshops on mental health for queer folks, fat liberation, erotic journaling for queer folks and self portraits.

Venue: Indiranagar SOCIAL
When: June 19, 12 pm to 10 pm
Ticket: Free till 5 pm. After 5 pm, 500 full cover
https://insider.in/satrangi-mela-all-day-queer-festival-bangalore-edition-jun19-2022/event

PICS: KAUSHIK JN

Congress, up in arms

Congress party workers and citizens took to the streets protesting against Rahul Gandhi being called by the ED in the money-laundering case. The rally was held from Lalbagh gate to the ED's Bengaluru office. Traffic too came to a standstill, and ambulances were stuck in, as seen on SJP Road (right).

Few takers for PU courses has colleges flummoxed

Management says drop in admission numbers due to delay in ICSE, CBSE results

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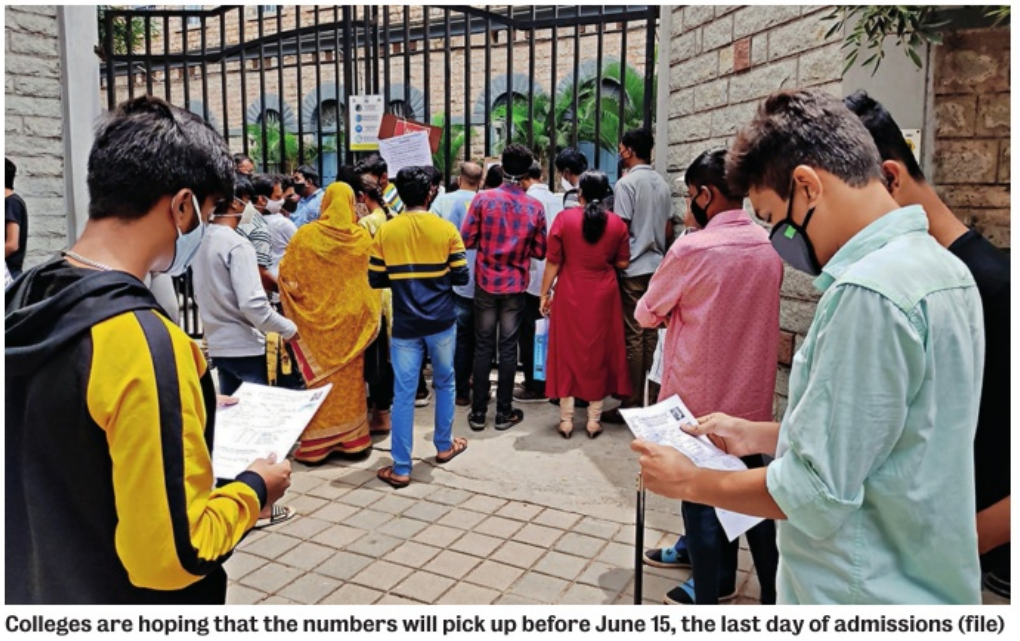
For many students this year, SSLC board results brought good news. The pass percentage was 85.63 -- the highest in this board exams in the last 10 years. But while pre-university colleges thought that the results would translate into a high number of admissions, the result, to their surprise, has been the opposite, they say.

College staff say that they are actually witnessing a lower number of admissions this year as compared to previous years. Now, they hope that the numbers pick up before June 15, the last day of admissions.

Colleges suspect that the reason behind this could be a delay in Class 10 ICSE and CBSE board results. Dr Kumar H, director of Dayananda Sagar PU College in Bengaluru, said, "Every year, it is the ICSE and CBSE students who get admissions earlier but presently, they are in a state of anxiety in dilemma because of delayed results. That is one of the reasons we have been getting lower admissions this year."

Another reason, Dr Kumar added, was that many students have transferred to government colleges in the city. To get a sufficient number of admissions, the college authorities were trying to put in extra efforts this year.



Colleges are hoping that the numbers will pick up before June 15, the last day of admissions (file)

> **"Admissions are especially lower for science subjects; commerce has not been affected**
>
> –GK Manjunatha, Principal of Seshadripuram Composite PU College

GK Manjunatha, Principal of Seshadripuram Composite PU College, told this newspaper said that the number was less than what it was last year. "Admissions are especially lower for science stream; not a lot of students are opting for that. Commerce stream has not been affected. More boys have taken admissions this year -- as it usually is -- the ratio is about 65 to 35."

Dr Shanthi, Principal of Dr BR Ambedkar PU College, also said that the admissions have gone down for the 2022-23 academic session. "We are hoping that they will pick up once again this week. There are a lot of colleges in the city and we are not getting a lot of admissions."

This year, the pass percentage of SSLC exams in Karnataka was 85 per cent, and colleges are hoping that after the SSLC supplementary exams, the situation would improve. Last year, due to the pandemic, the State Government had promoted all the students who appeared for class 10th examination.

Another PU College principal who did not want to be identified said, "We are hoping to get a good number of admissions soon. The gender ratio is all right this year except that mostly, girls are opting for biology courses whereas the boys have opted for maths and computer courses in science." Both the government and private colleges in Bengaluru have been seeing lower admissions.

In Bengaluru, I-year PU classes started on Thursday.

SCHOOLS SHIELD AGAINST COVID

City schools make sure all protocols are strictly followed, putting in place new safety measures

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File photo of kids attending prayer session at a government school when Classes 1-7 reopened last month

When it comes to covid numbers, with 3,496 active cases, Bengaluru has the second spot among the metropolitan cities in the country. The city also recorded 429 new covid cases on Sunday. Amidst this uptick in the number of cases, city schools have stepped up vigil to avoid risk and ensure students' safety.

In the absence of any SOP from the education department, schools have decided to make their own rules and make sure that there is no relaxation of the basic safety norms.

From maintaining temperature logbooks to conducting separate assemblies for the unvaccinated lot, schools are pulling out all the stops to arrest the spread of the virus.

"We have made masks mandatory for all the children and teachers. We are also checking every child's temperature and recording the details in a logbook. In case a child is found to have higher temperature than normal, they are immediately isolated," said the principal of a city-based private school.

The old protocols and SOPs are back on campuses, with a special focus on children below 12 years of age. This unvaccinated lot is sitting at a distance of a minimum of three feet from each other, having lunch inside classrooms and engaging in morning prayer sessions separately.

"The young ones are mostly confined to their classrooms even during the lunch hours. They are attending separate assembly sessions too," said MN Natesh Kumar, principal of Gurukul International School.

"While we already have a separate section for younger kids, this year, the kindergarten enrolment number has been very low. Usually, we used to get 30-35 kids in a class. However, this year it is only 15-20 kids. Thus, social distancing is not an issue at our school," said Kiran Prasad, principal, Vidya Vaibhav Public School.

Schools are also gearing up to ensure that every single child on the campus is vaccinated as soon as possible.

"We are preparing a list of the students above 12 years of age that are yet to get both the doses. We plan to send out messages to the parents of all these students to confirm their presence for the next vaccination drive on the campus. We are looking for a good attendance before organizing the next drive with BBMP," informed Prasad.

Many opine that since the BBMP has school-wise data on the number of children still not vaccinated, they should initiate the on-campus drives.

> **"While we are doing our best to ensure every child on our campus is vaccinated, the BBMP should conduct regular drives on school campuses**

"While we are doing our best to ensure every child on our campus is vaccinated, the BBMP should conduct regular drives on school campuses. They should take initiative and just wait for the schools to reach out. As of now, we are contacting them, requesting a drive and following up as well. It should be initiated by them," said a principal.

Parents, cooperate

"We have intimated the parents to not send the children to school if they are unwell. However, we are facing difficulties in implementing this rule. Since the majority of the parents are working, they do not want their children to be at home. Now and then we have a child with a cold or mild temperature that has to be isolated," said Dr Manila Carvalho, principal, Delhi Public School, Bangalore East.

400 of State's 415 cases in city

On Monday, Bengaluru reported 400 out of 415 cases reported in the state with zero casualties. The test positivity rate for Bengaluru is now 3% while that of the State is 2.56%. Around 29 patients are being treated in City's hospital with two of them in ICU and one in HDU.

The number of active clusters in the city has risen to 21.

Meanwhile, amid the rising number of covid-19 cases, the Union Minister for Health and Family Welfare Mansukh Mandaviya told state health ministers, including Karnataka Health Minister in a meeting, that it is 'important to be alert' and follow covid appropriate behaviour. "Covid is not over yet. With rising COVID cases in some states, important to be alert and not forget COVID-appropriate behaviour (CAB)," Mandaviya said during the Video Conference (VC) on Monday.

—BMB & Agencies

Surges are 'part of new normal'

The recent surge in Covid-19 cases in the country is part of the new normal as the virus continues to mutate, experts said on Monday and added that use of masks and booster doses are imperative to tackle the disease.

India on Monday recorded 8,084 fresh Covid cases, the third straight day that the tally has passed the 8,000-mark, with the active caseload standing at 47,995. The country also recorded a total of 10 deaths in the last 24 hours, taking the overall fatalities due to 5,24,771, as per data from the Union Health Ministry. According to the health experts, the latest surge is driven by sub-strains of the Omicron variant, namely BA.2, BA.4 and BA.5. "Rising cases are probably due to a new subtype of Omicron variant. No need to get panicked about it as it's causing mostly upset respiratory tract infections with rare severe disease," Dr Harshal Salve, from Centre for Community Medicine, AIIMS. —IANS

As covid sneaks up, dengue bites hard

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File photo of an awareness drive on National Dengue Day by students, Asha workers, volunteers and BBMP officials at MG Road

Tackling covid was a challenge for Bengalureans over the last two years. But, this year, it is a twin challenge as Bengalureans have to deal with both Covid and Dengue.

A door-to-door health survey has identified that there are 3,954 dengue larvae breeding sources in the city. These are the spots responsible for the spiralling dengue cases.

The health department of BBMP recently surveyed 2, 03,403 houses and 2, 98,962 sites to check for mosquito breeding spots. Out of this, 3,954 places were found to be potential breeding spots for dengue mosquitoes (Aedes species). "In the last 10 days, 38 dengue cases have been identified in the city and the maximum has been reported from Dasarahalli zone," said Dr Harish Raj, BBMP Special Commissioner.

He said that they have observed 1,855 people exhibiting fever symptoms in the last few days and reported to the primary health centres. "When these people were screened by our healthcare workers, 674 had fever, 36 were suffering from nausea and diarrhea and 123 from Severe Acute Respiratory Illness," he said. Besides this, they also conducted a tap water survey in the last one week where water was tested randomly from three public taps, 513 borewells, 471 RO plants and 274 eateries. "None of the samples showed any signs of contamination. So far, we have not seen any fresh outbreak of cholera," he said.

Reacting to the twin challenges, Minister for Health and Family Welfare Dr K Sudhakar said, "We are taking precautionary measures and hence there is no need to panic." He said that he will hold a meeting with BBMP officials to tackle both dengue and covid.

Covid hospitalisations low

Sudhakar, who held a meeting of the Technical Advisory Committee on Monday, said, "Though covid cases are rising, we are not seeing severe illness. There is no increase in mortality either. I urge persons with comorbidities to take booster doses and children should take their specific vaccines. Covid appropriate behaviour is essential and masks are mandatory in public." According to him, as there is an increase in number of tests, it reflects in the covid tally. He said hospital admissions are quite low so far. "It is too early to call it a fourth wave," he said.

BMRCL to move skywalk, place it where it belongs

Skywalk being dismantled from another spot to help lake visitors and bus commuters

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If all goes well, pedestrians and Bangalore Metropolitan Transport Corporation (BMTC) commuters won't have to risk their lives darting across the busy Old Madras Road either to board a BMTC bus or visit Benniganahalli Lake for a walk. Thanks to the collective efforts of Pai Layout residents and members of Benniganahalli Kere Development Community Trust, a foot overbridge will soon be available to them.

The Bangalore Metro Rail Corporation Limited (BMRCL) is all set to dismantle a skywalk on Old Madras Road between Sri Muthu Mariyamma Temple and Salarpuria Sattva Magnificia to facilitate the construction of a 7-5-metre foot overbridge. This skywalk will be relocated a few hundred metres away instead of being discarded.

"Relocation of the skywalk will be a great help to those who want to visit Benniganahalli Lake and also to those who want to board buses to go towards KR Puram and other areas. A bus bay is planned near the railway underpass," said Benniganahalli Kere Development Community Trust treasurer VL Anupama.

The volunteers of Benniganahalli Kere Development Community Trust organised a function on Sunday to offer bagina (traditional thanksgiving) to the Benniganahalli Lake. "The lake is brimming with rain water for the first time after it was rejuvenated three years ago," said Anupama.

Benniganahalli Kere Development Community Trust secretary NH Subramanian said the BMRCL has agreed to add one more entry gate to the lake for Pai Layout residents. "The relocation of the skywalk and the new entrance gate to the water body will be a great help for the residents of Pai Layout. As of now, the lake has two entry points," said Subramanian.

On Sunday, the residents and volunteers requested Urban Development Minister Byrathi Basavaraj, who was the chief guest at the function at the lake, to name the Namma Metro Station near Tin Factory after Benniganahalli Lake but the minister suggested to the BMRCL to name it after Pai Layout. "We wanted to create awareness among the Metro passengers about Benniganahalli Lake but the minister wanted to appreciate the efforts being made by Pai Layout residents towards the development of the lake," he said.

The existing skywalk on Old Madras Road that is to be dismantled; gazebo being built at the Benniganahalli Lake (inset)

"Relocation of the skywalk will help those who want to visit Benniganahalli Lake and those who want to take buses to go towards KR Puram

–VL Anupama, Benniganahalli Kere Development Community Trust

BMRCL Deputy Chief Engineer Prasad Acharya said the BMRCL would relocate the existing skywalk between Sri Muthu Mariyamma Temple and Salarpuria Sattva Magnificia after constructing a foot over bridge. "The construction work of the foot overbridge has begun. It will have two lifts as well as an escalator facility and can be used by Metro and BMTC passengers," said Acharya.

The BMRCL has also taken up development of the Benniganahalli Lake at an estimated cost of Rs 2.98 crore. Construction of a gazebo, jogging track is going on and a children's park is being developed. Two toilet blocks will be built and street lights will be installed. "The BMRCL must fence both sides of the lake bund," said Subramanian.

Women breaking many glass ceilings: Prez

President Ram Nath Kovind on Monday expressed his happiness over the rising number of women joining the armed forces as he noted that they are breaking many glass ceilings.

"As the Supreme Commander, I am happy to see the rising number of women in the armed forces, including in combat roles. I am happy to note that, recently, Captain Abhilasha Barak became the first woman officer to join the Army Aviation Corps as a combat aviator," Kovind said.

He was inaugurating the platinum jubilee celebrations of Rashtriya Military School (RMS), Bengaluru.

Kovind was also happy to know that girl cadets are going to get admissions into Rashtriya Military Schools across the country from this year onwards.

The President noted that from this year onwards the gates of the National Defence Academy have also been opened for girls.

President Ram Nath Kovind inaugurated the platinum jubilee celebrations of Rashtriya Military School on Monday

"Our daughters are breaking many glass ceilings and setting new records in various fields, making the country proud. When I travel to different universities and institutes across the country, I witness many instances of girls outshining boys," Kovind said.

Kovind was happy that girl cadets are going to get admissions into Rashtriya Military Schools across the nation from this year

The President underlined that RMS, Bengaluru is acknowledged as one of the finest boarding schools in the country.

Speaking about Karnataka's contribution to the defence forces, the President said Indians will forever cherish the contribution of Field Marshal KM Cariappa, who was the son of this soil. –PTI

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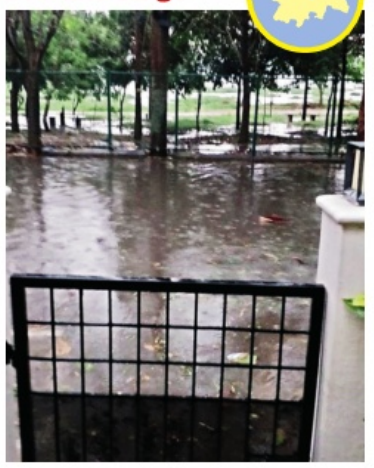
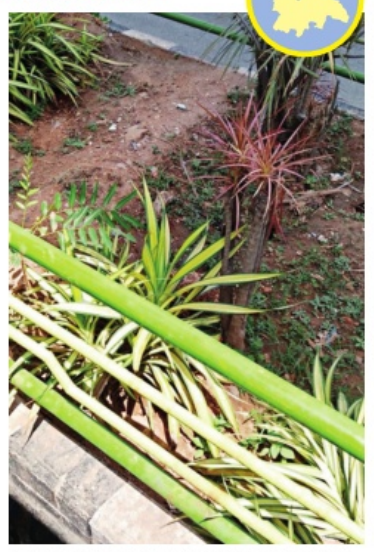
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Rain havoc
BTM 2nd stage



Even light rain floods the road between 8th and 10th cross BTM 2nd stage (lake road). The storm water drain has been blocked for several years, but the authorities are neglecting it.

Rodent attack
Rajajinagar



Rodents have made holes below the Navrang Metro Signal. They may very soon eat out the pillars as well.

Flaky work
Bhuvaneshwari Nagar

BBMP contractors are so efficient that freshly laid tar has worn out in less than 10 days at 5th cross, Bhuvaneshwari Nagar Bagalagunte ward 14. Residents waited for 10 years to get asphalt which worn out in 10 days.

Auto fare row explodes; spills over to police station

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Manjunath K, a 40-year-old auto-rickshaw driver and a resident of Kaikondrahalli, prefers to go to work in the night so as to make a few extra bucks. But on Friday, things turned topsy turvy, as he had to spend the entire night at the Bellandur police station filing a complaint and get to the hospital to get his injuries treated.

This is his story: Around 1.30 am, as he was driving near a restaurant in Sarjapur, he saw three men quarrelling. The trio flagged the auto down and asked Manjunath if he would go to Bannerghatta. "It was a 25-km-long ride and the night time fare would earn me Rs 500," Manjunath told Bangalore Mirror.

When he told the three men about the fare he expects, the trio began arguing with him. They are said to have abused him too.

Heated arguments ensued and soon it turned into blows. Manjunath said the men assaulted him and hit him with their hands. A few auto-rickshaw drivers who stopped to help Manjunath called up the police control room and a Hoysala patrol rushed to the spot. The cops learnt that the three men were at fault and when the men realised this they are said to have turned against the cops for supporting the auto driver.

The cops asked Manjunath to file a complaint, based on which a case of assault using dangerous weapons was filed against the trio and they were bundled to the station the same night and further legal formalities were underway. Around 3 am, a man identified as Shreyance Chamaria is said to have barged into Bellandur police station and abused the cops for having taken his confidantes into custody. The cops first asked Chamaria to step outside but he only got more unruly.

After three persons were detained for allegedly attacking auto driver over fare, their friend kicks up row at police station

A few constables then tried to physically prevent Chamaria from taking the detained trio out of the police station.

An infuriated Chamaria abused the police men and even attacked them, a senior police officer said. Station House Officer (SHO) of Bellandur, Manjunath BP, (50) an assistant sub-inspector (ASI) filed a complaint with his own station against Chamaria. Now he too has joined his confidantes.

The Bellandur police have arrested the four persons, produced them before a magistatre who have remanded them to judicial custody.

Wasted: 1,555 spots in city

BBMP says all blackspots will be cleared in 3 months

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The Silicon Valley of East has some eyesores indeed with many streets turning into open garbage bins. However, now, the Bruhat Bengaluru Mahanagara Palike (BBMP) has drawn up an ambitious plan to make city roads free of garbage in the next three months.

Namma Bengaluru has 1,555 Garbage Vulnerable Points (GVP) s which are infamously known as 'blackspots'. Of the 1,555 blackspots, 95% (1,479) have been categorised as 'evening blackspots' and 76 perennial. The evening blackspots are those where the trash is cleared every morning. However, as the day progresses, the site again progresses into a garbage spot. The perennial blackspots are those where trash is thrown throughout the day and night. One of the reasons why these GVPs never get cleared permanently is due to lack of consensus on who cleared this trash (neither the door-to-door garbage contractors nor pourakarmikas).

"To make the city roads free of garbage, we have identified a contractor via a tender process. The project is taken up as GVP elimination and transformation of area and ICT monitoring of the transformed area (including semi underground bin areas) for visual cleanliness for two years in the BBMP limits," said Dr Harish Raj, BBMP's Special Commissioner (Solid Waste Management).

This project has been taken up under Shubra Bengaluru project and the contract value is Rs 6, 18, 46,941, he said. According to him, maximum GVPs are due to construction and debris (C and D) and legacy waste. "If we remove these, the spots can be restored. The project comprises all types of waste in the GVP and also beautification besides monitoring using CCTvs and manually. The contractor should ensure earthwork in surface excavation, provide tipper lorry, excavator. He is responsible for removing and resetting kerb stones, footpaths, constructing precast solid concrete kerb stones, 100 mm thick precast cover slabs at GVPs," he said.

Even lush green spots such as this area near Turahalli forest are not spared by litterbugs

At the end, the GVPs should be given a new look with high performance anti carbonation paint, construction of heavy duty planting cobble stones, installing permanent type barricades, planting and maintaining flowering plants and shrubs. He added that CCTV will be installed for three months on hire basis.

According to him, a black spot develops due to multiple reasons. It could be due to inefficient door-to-door collection, non-cooperation from residents in disposing garbage; many people may not be present at home when the garbage van arrives or due to habitual litterbugs.

> **"Though civic workers try to draw rangolis and beautify the place, the spot is trashed in the next few hours** –Harish Raj, BBMP Spl Commissioner (Solid Waste Mgmnt)

"Earlier, we had 118 perennial blackspots which have now been reduced to 76. We have already called for tender and it will be the contractor's responsibility to use technology and manpower to ensure there are no blackspots," he said. He said that the onus of beautifying the spot is on the contractor. "If the black spot continues to exist, then the contractor will not be paid. We need to find newer ways to make the city cleaner. Earlier, we had a black spot near the Regional Passport Centre, Ejipura. We cleared the place and a few benches were put. Now people sit on those benches so there's no garbage. Though our pourakarmikas now try to draw rangoli and beautify the place, the place is trashed in the next few hours," he said.

The move has been welcomed by the residents though they say that it is up to BBMP to ensure there is no corruption. "Though BBMP had planned various initiatives in the past, it depends on how well they execute otherwise it will be like a project helping the contractor," said Suresh S, a techie.

Kunal R, a businessman, said that the BBMP says garbage should be segregated at source. "They need to identify the garbage problem at source. The big question is why would people walk a certain distance or take their vehicle to throw garbage on roads even if the garbage is collected for free at their doorsteps. There is a problem in the door-to-door collection as it is not regular and the collection happens only at one time which is mostly in the morning. Now, BBMP should focus on a mechanism where the door-to-door garbage is collected at regular intervals so that there is no scope for people to step out of their homes in search of a place to throw trash," he said.

Hotel raid: Shakti Kapoor's son tests positive for drug use

The Halasuru police raided a star hotel in Central Bengaluru and detained 35 people over having a drug party organised at The Park Hotel which falls under the Halasuru police station limits.

Police sources said out the 35, include the son of Bollywood Actor Shakti Kapoor - Siddhanth Kapoor (38) who was a DJ at the party, Akhil Soni (28), a business manager from a reputed IT firm (Mindtree), Harjot Singh (28), an operational head of a logistics startup, Hani Rafiq (25) heading a digital marketing firm, and Akhil (23), a freelance photographer.

According to the police sources, the five have been subjected to medical examination and confirmed by the police that they were using drugs. On Monday evening, they were again taken for a comprehensive medical examination. Just before the raid was to begin, a few of the people in the party were even tipped off that raids were going to happen and they left early, the police said. "However, at present we have five of them in custody and we are in the process of subjecting them to medical examination while retrieving information about the sources of the drugs used in the party," an officer said. —BMB

Traders, customers curse BSCL

CONTINUED FROM PAGE 1

cause of concern. I want the BSCL to complete the work as early as possible," said Kumar.

A few businessmen were seen arguing with workers engaged for constructing the footpath near Vijaya Lakshmi Book Centre. They were demanding the workers to lay utility pipes properly and make way to drain water from the shopping complex.

"The workers have been laying utility pipes as per their whims. We have to struggle a lot to drain rainwater from our premises whenever it rains," said a businessman.

Suresh Sirvi of Abhishek Fabs complained that incomplete ducts and manholes have become dangerous to unwary pedestrians. "Two pedestrians fell into an open manhole and got injured. Businessmen are suffering a lot due to dust and incomplete footpaths," said Sirvi.

T Gopal, a social activist, demanded the BSCL engineers to complete all pending works as early as possible. "The downtown, including Avenue Road, is a major contributor of revenue to the state government. The state government or the BBMP has to take measures to avoid inconvenience to businessmen as well as customers on Avenue Road," said Gopal.

The work on Avenue Road began in January 2021 and was expected to be completed by October 2021. BBMP administrator Rakesh Singh visited Avenue Road in the last week of April and directed the contractor to complete the work in 20 days. The BSCL missed the 20-day deadline and is yet to complete the work even after 20 days of the 20-day deadline.

Meanwhile, BSCL assistant executive engineer Chandrasekhar said Smart City has taken up laying of water and UGD pipes on Hospital Road.

"As of now, the laying of water and UGD pipes is in progress. I hope to complete all the pending works on Avenue Road by the end of this month," said Chandrasekhar.

Karnataka's Aishwarya B creates new national record in triple jump

#Chennai

Karnataka's Aishwarya B broke the Triple Jump national record with a mark of 14.14m at the 61st National Inter-State Senior Athletics Championship, in Chennai on Monday.

In an Indian context, the women's long jump has long been the marked piper among all athletics disciplines.

Previously the national record among women was held by Mayookha Johny at 14.11m, setting the mark at the 2011 Asian Championships in Kobe, Japan. Aishwarya improved the Commonwealth Games qualifying standard of 6.50m set by the Athletics Federation of India (AFI).

Aishwarya B made the second-longest jump recorded by any Indian female athlete ever in the ongoing Inter-state Athletics championship. She produced a meet-record jump of 6. 73m, only .1 short of the jump made by the Olympics great Anju Babby George in Athens 2004.

"I was expecting this because I was practising for the big national record. This is my main event. Before this tournament, I started preparing really hard for more than two days. I will try to break another record in my next match," Aishwarya said.

"I am so happy to have done this. I have to thank my coach B.P. Aiyappa and Pramila and JSW Group for supporting me. I want to do well in both long and triple jump," she added. **ANI**

Aishwarya at the 61st National Inter state Senior Athletics Championships at Nehru Stadium in Chennai

Strays at receiving end

CONTINUED FROM PAGE 1

looking after him for more than seven years. After three days, he was dropped off in a poor condition. He was wobbly, barely able to stand and kept hurling. He had dried vomit on his abdomen, legs and ears. When we took him to a private hospital, the blood work showed extremely high levels of infection and abnormal liver values. He passed away within hours," said a resident of Frazer Town.

Yet another case was reported from Begur a couple of months ago when a dog was dropped back post the ABC procedure.

Many alleged ABC centres neither have the facility, nor the approval to conduct blood tests on strays before performing the birth control surgery, which they say is the key reason behind these deaths. The centres need improvement and better sensitivity towards the animals.

Caretakers of the Vivekanandanagar dog are now looking at ascertaining the cause of its death. They realised this route too is not free of glitches.

"As the ABC centre is washing off its hands, we wanted to get a post-mortem done. We reached out to the Hebbal Veterinary College, but we were told to get a letter from the BBMP or jurisdictional police. At Banaswadi police station, we were told that it should be issued by the BBMP. When we contacted the animal husbandry department, they said police should issue the letter," Thomas said.

As per Animal Welfare Board of India's (AWBI) guidelines, the ABC programme can be carried out only by the Animal Welfare Organisations (AWOs) that are recognised by AWBI with separate permission to carry out ABC. This order was passed after the board realised that many AWOs do not have the infrastructure, experience or expertise.

"AWBI guidelines say the health of a dog can be ascertained only by looking at its physical condition; basic examinations such as blood pressure and body temperature. We do not conduct biochemical studies or blood tests. On average, we perform around 200 surgeries daily on strays. Most of them are not in good health.

Perhaps many would have recently recovered from CD (canine distemper) or other severe illnesses, which could have impacted their immune system. ABC procedure cannot be held responsible in such cases," a senior official at BBMP's animal husbandry department told BM.

Officials mentioned an inquiry will be conducted regarding the recent death.

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I, Ashwini Santosh Thakkarkar W/o Nishith R Moolya R/o #19, Gattigere, BEML layout 3rd stage, Rajarajeshwari nagar, Bangalore-560098 have changed my name to Ashwini Nishith Moolya for all purposes.

I, PRIYA VAID R/o No 18, 8th C Plain road, New Gurappanapalya, DRC Post, Bengaluru 560029 have changed my name to ALIYA BEGUM affidavit Dt.13/06/2022 notary K.V Mani, B'luru

I, Suman Vasanth Basu Desai W/o Rajendra Rao Desai R/o No.303 Sapthagiri plaza, Ittamadu Rd, Chikkalasandra, Arehalli, B'luru 560061have changed my name to SUMAN DESAI affidavit Dt.13/06/2022 notary K.V Mani, B'luru.

I Prabhavathi H S R/a Flat No 504, 5th floor, Sky Asta Aprtment, Raghuvanhally, , Kanakapura Main road Bangalore 560062. i have changed my name to PRABHAVATHI B. Vide affidavit dt :13-06-2022. Sworn before Notary : Devaraja E

I Prakasha Thimmappa Reddy S/O, Thimmappa Reddy R/o No 53/5a, 24th Cross, Kempamma Devi Layout, Hulimavu, B G Road, Bengaluru-560076, have changed my name to Prakash Thimmappa Reddy

I Prabhavathi B, R/a Flat No 504, 5th floor, Sky Asta Aprtment, Raghuvanhally, Kanakapura Main road, Bangalore 560062. I have changed my minor son name from PRANAV GOWDA C to PRANAV B. Vide affidavit dated :13-06-2022. Sworn before Notary : Devaraja E

I, FAYAZ AHMED ANAJI NABI, S/o, ABDUN NABI ANAJI residing at No.10, 4th Cross, Nagamma Layout, K B Sandra, Bangalore 560032 have changed my name to FAYAZ AHAMED ANAJI NABI vide affidavit dated 11.06.2022 sworn before notary B V Nagabhushana, Bangalore

I, AISHA ANJUM, W/o, RASHEED SYED ABDUL BASITH residing at No.38, Standage Road, Frazer Town, Bangalore 560005 have changed my name to AISHA BEGUM vide affidavit dated 11.06.2022 sworn before notary B V Nagabhushana, Bangalore.

LOST & FOUND

I Geetha Shekal have lostmy original sales deed documents situated in Mookandapalli village of Hosur Taluk Krishnagiri Dist doc-3382/1998 Syl no. 739/1 Plot no.-94 (Area Extend 1750 sqft) SRO Hosur while Shifting the house articles in jayanagar on 03/06/2022 (complaint Registered) Finder pleae Contact Geetha Res/M-208 New ASTC Hudco, Hosur, Krishnagiri dist phone 9448699774

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Milk of a mother's kindness

Amruta Dhare is the first state government-run breast milk bank; doctors say women turning up from various districts to donate

Shreyashi Mukherjee
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TWEETS @BangaloreMIRROR

Breast milk is extremely vital for newborn babies, especially those who are slightly sick (pic for rep)

In a first of its kind initiative in the state, Amruta Dhare is the first Karnataka government-run breast milk bank for newborns set up in Vani Vilas Hospital. This milk bank has had women coming from outer districts to donate breast milk as well, and doctors hope that number of donors increase in the weeks to come.

Gynaecologists say breast milk is an important source of proteins and other essential nutrients for a new-born child. Dr Vidya B Bhat, Director, Radhakrishna Multispeciality hospital and IVF centre, said, "Breast milk is essential as it is the most essential part in the baby's growth till nine months where babies get antibodies from the mother. The first three days, Colostrum, which is present in breast milk has the maximum nutrients and immunoglobins and antibodies which is passed on to the baby. Since it has antibodies, it will also prevent the baby from external infection."

Dr Savitha C, medical superintendent, Vani Vilas Hospital, added that last week, they collected up 45 litres of milk and have distributed this milk as well. "There are low birth babies in our hospital who are below the weight of 1.4 or 1.5 kilograms. So, for these babies we are utilising the milk that has been donated in the milk bank."

Tani Mehta, an IT professional and a mother residing in Bengaluru, said, "After giving birth, I noticed that I was producing excess milk. After consulting my doctor, I decided to donate it as it would help so many babies."

Not just from the city, but women from other districts have also donated for this noble cause. "There is a woman from Kolar who has been donating milk for some time now.

> **A woman from Kolar donates almost five to six litres of milk in sterilised packets**
>
> –Dr Savitha C, medical superintendent, Vani Vilas Hospital

She collects the milk and at a time donates almost five to six litres of milk in sterilised packet," added Dr Savitha C. She added that the woman's main purpose behind donating was to help the babies who require the milk.

She added that the shelf life of the milk collected was six months and till now, there has been no wastage of milk. The women who are in the hospital have seen the babies who are underweight; moreover, there are other ways of creating awareness as well.

"There is one comprehensive Lactation Management Centre medical officer and most of our sister and staff who is present, we motivate them and talk to them. If any woman has excess milk, we request them to donate," said Dr Savitha.

The milk collected is stored. After all the milk has been received, it is taken, and it undergoes pre-pasteurization culture and post-pasteurized culture. After that, the milk is distributed for utilisation. Currently, they do not have many donors, however, they are seeing the numbers are picking up gradually.

Auto driver killed in collision

An auto-rickshaw driver was killed and several vehicles damaged in an accident that occurred outside Satellite Bus Stand on the busy Mysuru Road on Monday morning.

The victim, 34, identified as Giriagar, was stuck in the mangled auto-rickshaw between a goods vehicle and Volvo bus until passers-by pulled him out and shifted him to a nearby hospital where he succumbed later.

According to the police, the accident occurred at around 6.30 am when a canter truck from Hosaguddahalli junction towards Bapuji Nagar collided with a goods vehicle. Due to the impact, the goods vehicle collided with the autorickshaw. The accused driver fled the spot soon after the accident.

The police have registered a case against the driver.

70-yr-old tusker no more

Wildlife lovers are mourning the death of Bhogeshwara, the 70-year-old tusker with the longest tusks among Asian elephants.

Bhogeswara, the majestic elephant, was found dead near the Kabini reservoir in Bandipur-Nagarhole Reserve Forest on June 11. He was known as Mr Kabini.

The elephant was a cynosure of all eyes tourists as it was blessed with the longest tusks in the continent.

The Forest Department is mulling to obtain permission to preserve its tusks at the exhibition centre.

One of his tusks was 2.54 metre (8 feet) long and the other measured 2.34 metre (7.5 feet). Both the tusks almost touched the ground.

Fake IDs: Hunt on for other members

Bellie.Thomas@timesgroup.com

TWEETS @Bellie_Mirror

After the Madanayakanahalli police busted a racket of forged documents being issued to immigrants from Bangladesh and arrested a gang of nine members, the Internal Security Division (ISD) officials, on Monday, approached the Madanayakanahalli police to inquire further.

They told the cops that one of the prime accused who was arrested, Syed Akoon (49), was on their radar for a long time, and sought more information about the other accused.

The racket which is suspected to be spread across several cities in India involves operators submitting fake documents of immigrants to the UIDAI for large sums of money in hawala transactions, going up to crores.

Madanayakanahalli police, located on the fringes of the city, unearthed this racket while they were investigating an ATM theft involving Akoon at Chikkagollarahatti in April this year, a senior police officer said.

The investigation team smelt a rat after they realised that transactions worth Rs 4 crore have been made through one

of Syed Akoon's bank accounts over the past one year.

The nine arrested include three Bangladeshis including Syed Akoon, co-accused Sheik Ismail Ali, Mohammed Abdul Aleem and six other accused who are Indians.

Tracking the money trail, cops stumbled on hawala transactions. "One of the accused would call up his agent in Dhaka and ask him whom to send the money in exchange for a 'certain sum of takas (Bangladeshi currency), and the agent would send him some account numbers to which he would transfer the rupees and receive takas to his other bank account', said the investigating officer.

Cops then froze around 13 bank accounts owned by the accused. They also found around five fake seals of BBMP health officers along with nearly a 100 Aadhar enrollment forms already sealed by such fake seals, fake letterheads, voters IDs, Aadhaar cards, PAN cards, mobile phones, laptops, printers, and ATM cards all recovered from the houses of Akoon, the police officials said.

"At least over a hundred people from Bangladesh including Akoon are beneficiaries of such fake schemes and unfortunately, the UIDAI authority had accepted those documents," said IGP Central Range M Chandrashekar.

The other accused is a techie, Rakesh, who had lost his job during the lockdown, he earned as much as Rs 500 per applicant if he helped the applicant fill in the form for applying for Aadhaar cards.

The accused including three Bangladeshis opened up a shop in Madanayakanahalli stating they would help with PAN and Aadhar card registration for the general public. They then started contacting their agents both at the Indian borders near Tripura and Bangladesh to have their immigrants seeking Indian citizenship.

These gang members used fake BBMP health official's seals and signed on their behalf to get it approved with the UIDAI authorities and avail Aadhaar cards. Police learnt that they have been doing this over the past three years.

Investigations are currently going on.

Central Ground Water Authority (CGWA)
Department of Water Resources,
River Development and Ganga Rejuvenation
Ministry of Jal Shakti
Government of India
https://cgwa-noc.gov.in

PUBLIC NOTICE No 3/2022

Kind Attention : All Ground Water Users Including Drinking & domestic use for Residential Apartments/Group Housing Societies/ Government Water Supply Agencies in urban areas, Bulk Water Suppliers, Industrial/ Infrastructure/ Mining Projects falling in Assam, Bihar, Dadra & Nagar Haveli and Daman & Diu, Maharashtra, Andaman and Nicobar Islands, Arunachal Pradesh, Chhattisgarh, Gujarat, Jharkhand, Laddakh, Madhya Pradesh, Manipur, Meghalaya, Mizoram, Nagaland, Odisha, Rajasthan, Sikkim, Tripura and Uttarakhand states

Whereas the Central Government constituted the Central Ground Water Authority vide notification Number S.O. 38(E), dated 14th January, 1997, followed by notification number S.O. 1124(E) dated 6th November, 2000 and S.O. 1121 (E) dated 13th May, 2010 of the Government of India in the Ministry of Environment & Forests, for the purposes of regulation and control of ground water development and management in the whole of India and to issue necessary regulatory directions.

And, whereas the Hon'ble National Green Tribunal, New Delhi, vide Order dated 15.04.2015, has directed that "any person operating tubewell or any means to extract groundwater should obtain its permission and should operate the same subject to law in force, even if such unit is existing unit or the unit is still to be established."

And whereas revised CGWA guidelines for NOC for ground water withdrawal have been notified vide Notification No. S.O. 3289(E), dated 24.09.2020, available on CGWA website (http://cgwa-noc.gov.in/LandingPage/Guidelines/NewGuidelinesNotified250920.pdf#ZOOM=100).

And, whereas, in pursuance to above directions from Hon'ble NGT **all existing ground water users** including Drinking & domestic use for Residential Apartments/Group Housing Societies/Government Water Supply Agencies in urban areas, Bulk Water Suppliers, Industrial/ Infrastructure/ Mining Projects were directed to submit their aplications for No Objection Certificates (NOC) latest by 31.03.2022 vide Public Notice dated 07.09.2021.

Now, therefore, **all the users** including Drinking & domestic use for Residential Apartments/Group Housing Societies/ Government Water Supply Agencies in urban areas, Bulk Water Suppliers, Industrial/ Infrastructure/ Mining Projects, whether existing or new, drawing ground water are directed to submit their applications, **latest by 30.06.2022** through online portal of CGWA (https://cgwa-noc.gov.in) failing which strict action shall be initiated against the users who continue to withdraw ground water without seeking NOC from CGWA.

davp 45103/12/0006/2223 **Chairman**

Delhi HC: Hate speeches warrant strict action

Such speeches by leaders bulldoze constitutional ethos, says court

#NEW DELHI

Hate speeches by elected representatives, political and religious leaders based on religion and caste bulldoze the constitutional ethos and violate constitutional provisions and therefore warrant stringent peremptory action on the part of central and state governments, said the Delhi High Court on Monday.

Justice Chandra Dhari Singh, while noting that there have been instances of hate speeches which led to demographic shifts in the country in their aftermath, stated that mass leaders and those occupying high offices must conduct themselves with utmost integrity and responsibility and it does not befit or behove the leaders to indulge in acts or speeches that cause rifts amongst communities, create tensions, and disrupt the social fabric in the society.

The judge said elected leaders in a democracy owe their responsibility not only to their electorate but also towards the society and nation as a whole and ultimately to the Constitution.

"Hate speeches especially delivered by elected representatives, political and religious leaders based on religion, caste, region or ethnicity militate against the concept of fraternity, bulldoze the constitutional ethos, and violates Articles 14, 15, 19, 21 read with Article 38 of the Constitution and is in blatant derogation of the fundamental duties prescribed under Article 51-A (a), (b), (c), (e), (f), (i), (j) of the Constitution and therefore warrant stringent peremptory action on the part of Central and State Governments," said the court.

"There have been and there continue to be instances of hate speeches in different parts of the country targeted against people of specific communities, based upon the demographic composition. There have even been instances of demographic shifts in the aftermath of such Hate/Inflammatory speeches, the exodus of Kashmiri Pandits from the Kashmir valley is a prime example," the court stated.

The court's observations were made while dismissing a petition by CPI(M) leaders Brinda Karat and KM Tiwari challenging the trial court's refusal to direct the registration of an FIR against Union Minister Anurag Thakur and his BJP colleague and MP Pravesh Verma for their alleged hate speeches concerning anti-CAA protest at Shaheen Bagh here.

The court refused to interfere with the trial court's order on the ground that under the law, the requisite sanction is required to be obtained from the competent authority for the registration of FIR in the present facts.

In its 66-page order, the court asserted that hate speeches incite violence and feelings of resentment against members of specific communities, which causes fear and feeling of insecurity in the minds of the members of those communities. **-PTI**

Police personnel keep vigil after a protest against suspended BJP leader Nupur Sharma, at Atala, in Prayagraj on Monday

Some action on food delivery complaints

#NEW DELHI

After getting more than 3,500 grievances against Swiggy and Zomato on its consumer helpline, the Department of Consumer Affairs on Monday directed the two major e-commerce food business operators (FBOs) to furnish, within 15 days, ways to better address those problems. The e-commerce FBOs were also directed by the Department to transparently show consumers the breakup of all charges included in the order amount such as delivery charges, packaging charges, taxes, surge pricing etc.

The direction to furnish the current framework as well as a proposal on improving the consumer grievance redressal mechanism within 15 days was given during a meeting chaired by Secretary, Consumer Affairs, Rohit Kumar Singh with the major e-commerce food business operators, to discuss pertinent issues which affect consumers in this sector.

The meeting was informed that during the last 12 months, over 3,631 grievances were registered on the National Consumer Helpline (1915) against Swiggy and 2,828 against Zomato. For Swiggy, it included the maximum 22 per cent for deficiency in services (803 complaints), followed by 17 per cent for non/delay in delivery of products (628 complaints) along with delivery of defective/damaged product (456 complaints or 13 per cent), delivery of wrong products (401 complaints), paid amount not refunded (391 complaints), product/product accessories missing (240 complaints), charging more than MRP (213 complaints), and non-veg food delivered instead of veg and vice versa (105 complaints). For Zomato, deficiency in services topped the list too at 25 per cent (707 complaints) followed 18 per cent for delivery of defective/damaged product (499 complaints) along with non/delay in delivery of product (319 complaints), paid amount not refunded (307 complaints), and delivery of wrong products (298 complaints). **-IANS**

I am not in presidential race: Nitish Kumar

#PATNA

Bihar Chief Minister Nitish Kumar on Monday categorically said he is not in the race in the July presidential election setting to rest speculations on it.

"I am not in the race to become the country's next president, nor am I going anywhere. Such reports are unfounded and are mere speculations," he said to queries by scribes on the sidelines of his weekly public outreach programme. .

The election for the country's highest constitutional post will be held on July 18 and the counting for it will take place on July 21.

"I repeat I am not in the race to become the country's next president," was his curt reply when asked to comment on Bihar Rural Development Minister Shrawan Kumar comment on his being a worthy candidate for the post,

Immediately after announcement of the schedule for the presidential poll on June 9, Shrawan Kumar, who is also a senior JD(U) leader, had said Nitish Kumar has all the abilities required for being president. **-PTI**

LIC crashes 5.85%; down 30% from IPO issue price

#MUMBAI

The share price of Life Insurance Corporation of India (LIC) crashed by around 6 per cent on Monday as the end of the lock-in period for anchor investors intensified selling. The government-run LIC closed 5.85 per cent down at Rs 668.20 at the BSE. The scrip hit a low of Rs 666.90 in the intra-day.

At Monday's close, LIC's share is 29.59 per cent down from its IPO issue price of Rs 949.

LIC has closed in the red for the 10 straight trading sessions. It has lost around 20 per cent during this period.

Since its listing at the stock exchanges on May 17, the scrip has closed in the positive only for four sessions. For the rest of the days, it witnessed selling pressure.

The initial public offering of LIC, which was open for subscription from May 4 to May 9, was subscribed 2.95 times.

LIC shares were allotted to investors at Rs 949 apiece. Policyholders, employees and retail investors were offered discounts. Policyholders received allotment at Rs 889 per share whereas employees and retail investors got the shares at Rs 905 apiece. India's biggest-ever IPO has turned into the biggest wealth destroyer. At the issue price of Rs 949 the market capitalisation of Life Insurance Corporation (LIC) of India stood at Rs 6,00,242 crore.

IISc-led team makes footwear to help prevent diabetic foot issues

#BENGALURU

Researchers in the Department of Mechanical Engineering, Indian Institute of Science (IISc), in collaboration with the Karnataka Institute of Endocrinology and Research (KIER), have developed a set of self-regulating footwear for persons with diabetes.

Foot injuries or wounds in persons with diabetes heal at a slower rate than in healthy individuals, which increases the chance of infection, and may lead to complications that require amputation in extreme cases.

The footwear — a pair of specially-designed sandals — developed by the IISc-led team is 3D printed and can be customised to an individual's foot dimensions and walking style, the Bengaluru-based IISc said in a press release on Monday. "Unlike conventional therapeutic footwear, a snapping mechanism in these sandals keeps the feet well-balanced, enabling faster healing of the injured region and preventing injuries from arising in other areas of the feet," it said. The footwear, the IISc said, can be beneficial for people who have diabetic peripheral neuropathy – those who suffer from nerve damage caused by diabetes, leading to a loss of sensation in the foot. "Diabetic peripheral neuropathy is one of the long-term complications of diabetes, and its diagnosis is mostly neglected," says Pavan Belehalli, Head of the Department of Podiatry at KIER, and one of the authors of the study published in 'Wearable Technologies'. "This loss of sensation leads to irregular walking patterns in persons with diabetes."

A pair of specially-designed sandals can be customised

For example, a healthy person usually places their heel first on the ground, followed by the foot and toes, and then the heel again – this 'gait cycle' distributes the pressure evenly across the foot. But due to the loss of sensation, persons with diabetes may not always follow this sequence, which means that the pressure is unevenly distributed. Complications such as ulcers, corns, calluses and other complications are seen. **-PTI**

HEALTH TIP: Black salt aids in reducing blood glucose levels, thus helping manage diabetes

Drumstick leaves have loads of B-complex vitamins, and minerals such as iron, zinc, magnesium, calcium

BangaloreMirror | 9
Tuesday, June 14, 2022
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Fast track

Is intermittent fasting actually good for weight loss? Here's what the evidence says

If you're someone who's thought about losing weight or has wanted to get healthier in the past few years, you've probably come across these two words: intermittent fasting. From celebrities to fitness enthusiasts, intermittent fasting has many thousands of loyal advocates online, claiming this way of eating has helped them lose weight better than other diet methods have.

It's easy to see the appeal of intermittent fasting as a weight loss method. Not only is it simple, it's also flexible, can be adapted easily to every person, and doesn't require you to eliminate foods or count calories. But despite its popularity, intermittent fasting may not actually be better than other diet methods when it comes to weight loss.

To date, numerous studies have shown intermittent fasting is as good as counting calories when it comes to weight loss – including a recent study, which tracked participants for more than a year.

This has even been shown with many different types of intermittent fasting, including alternate-day fasting (where you fast or restrict calories every other day), 5:2 dieting (eating normally five days a week, then fasting or restricting calories for two days) and time-restricted eating (where you eat all of your days calories within a set time window, such as only eating during an eight hour window, then fasting for 16 hours). But no studies have yet shown intermittent fasting to be any better than conventional diets.

Intermittent fasting reduces the amount you eat, but it may have a downside. It both reduces the amount of physical activity we do, and reduces how hard we push during exercise.

This is true regardless of the type of intermittent fasting you do. This suggests that when calorie intake is substantially reduced – even for a short period of time – the body adapts by reducing the number of calories used during exercise. Researchers aren't entirely sure why this happens, however.

While this may not necessarily affect weight loss, lower physical activity levels can have other negative effects on health. For example, a recent alternate-day fasting study found that even just three weeks of this diet reduced physical activity levels and led to a greater loss of muscle mass than a daily calorie restriction diet. The fasting diet was also less effective than daily calorie restriction for fat loss.

Muscle mass is crucial for many reasons, including regulating blood sugar levels and staying physically able as we get older. So diets that cause muscle loss are best avoided. However, combining intermittent fasting with exercise programmes – such as resistance training – may help people better maintain lean muscle mass while encouraging fat loss.

Are there other benefits to fasting?

While intermittent fasting might not be a miracle solution when it comes to weight loss, that doesn't mean it might not still have other health benefits.

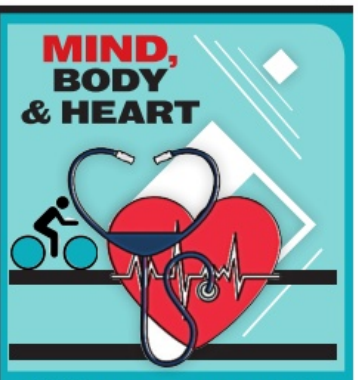
A recent review on intermittent fasting found that it improved blood pressure, insulin sensitivity (how effectively the body regulates blood sugar) and lowered cholesterol levels to a similar extent as daily calorie restriction.

It is likely this effect is due to weight loss. But since few studies have followed participants for longer than a year, it's hard to know whether the these effects persist.

Some research also suggests how you fast may also be key. A number of studies have shown promising results from early time-restricted eating, which involves eating all your day's calories in the early part of the day and fasting in the evening, usually from 4pm onwards. Eating early in the day aligns food intake with our natural circadian rhythms, which means nutrients are processed more efficiently.

Early time-restricted eating has also been shown to improve several markers of health, such as insulin sensitivity, which is a key risk factor for type 2 diabetes. These improvements were even seen without weight loss.

(By David Clayton, Nottingham Trent University, The Conversation via PTI)



All you need to know about...

Fainting

What is it?
Fainting is when you lose consciousness for a few minutes. It's not serious, but if you have frequent episodes you should consult your GP.

What are the causes?
Fainting has many causes, including standing up too quickly (postural hypotension), when your blood pressure drops, dehydration, being very hot, being very upset, angry, or in severe pain, heart problems, taking drugs or drinking too much alcohol in one session.

What are the symptoms?
An episode typically strikes out of the blue and you feel dizzy, cold and sweaty with slurred speech, feeling sick and blurred vision.

When to see your GP
Talk to your GP if you have fainted and don't know the cause, or if you have recently fainted more than once.

When to do to prevent fainting or if you are with someone who has fainted
You can do things to prevent fainting. When you feel faint, try to lie down with your legs raised or sit with your head lowered between your knees. Sip water, eat chocolate, take some deep breaths.
If you are with someone who has fainted, lay them on their back, keep their airway clear and raise their legs. Usually, a person wakes after fainting within 20 seconds.
Call the doctor or an ambulance if someone faints and they can't be woken up after one minute, have severely hurt themselves from a fall, or are shaking or jerking because of a seizure or fit.

—Dr Miriam Stoppard, Daily Mirror

MIRRORLIGHTS

1 in 500 men carry extra sex chromosome raising risk of diseases: Study

Around one in 500 men could be carrying an extra X or Y chromosome – most of them unaware – putting them at increased risk of diseases such as Type 2 diabetes, atherosclerosis, and thrombosis, according to a study.

Sex chromosomes determine our biological sex. Men typically have one X and one Y chromosome, while women have two Xs. However, some men also have an extra X or Y chromosome – XXY or XYY.

Without a genetic test, it may not be immediately obvious. Men with extra X chromosomes are sometimes identified during investigations of delayed puberty and infertility; however, most are unaware that they have this condition.

Men with an extra Y chromosome tend to be taller as boys and adults, but otherwise they have no distinctive physical features.

The study published in the journal Genetics in Medicine showed that men with XXY have much higher chances of reproductive problems, including a three-fold higher risk of delayed puberty and a four-fold higher risk of being childless.

These men also had significantly lower blood concentrations of testosterone, the natural male hormone. Men with XYY appeared to have a normal reproductive function.

Men with either XXY or XYY were also three times more likely to have Type 2 diabetes, six times more likely to develop venous thrombosis, three times as likely to experience pulmonary embolism, and four times more likely to suffer from chronic obstructive pulmonary disease (COPD).

Researchers at the Universities of Cambridge and Exeter said that it isn't clear why an extra chromosome should increase the risk or why the risks were so similar irrespective of which sex chromosome was duplicated. **–IANS**

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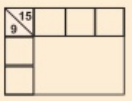
SOLVE IT IN A MINUTE

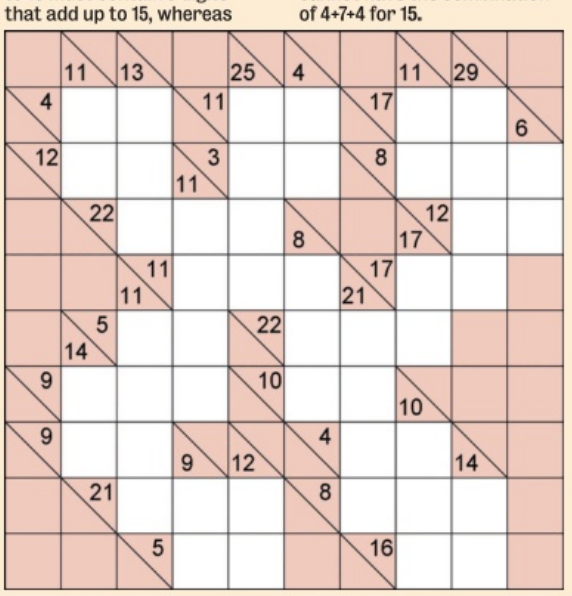
The date of the secret meeting was somewhere on the calendar that had the following dates circled: ● May 3rd ● June 4th ● July 5th ● August 6th. The Spy thought for a moment and then knew the meeting date. How did the Spy know and what was the Date?

Kakuro

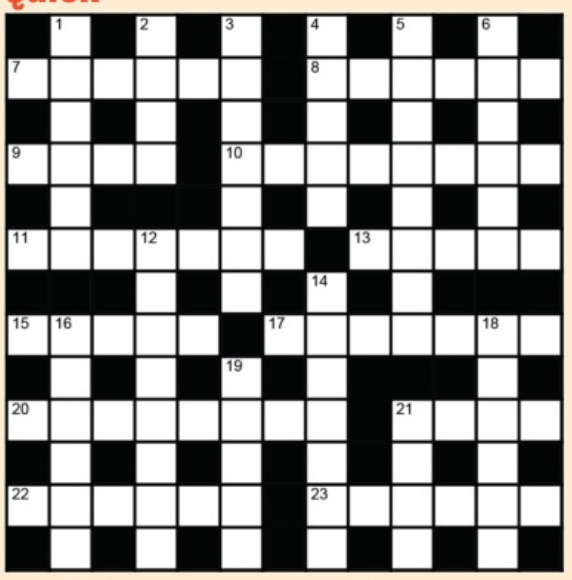
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Household; domestic establishment (6)
8 Bits or fragments (6)
9 Among, in the company of (4)
10 Chappati made out of rice (4,4)
11 Merging or making one (7)
13 Odds and ____? (5)
15 Sinn Fein founder ___ de Valera (5)
17 ___ Goswami : Khatta Mitha is one of her movies? (7)
20 That man from capital of France? (8)
21 Hawaiian women's dance (4)
22 Arrive at; recover consciousness (4,2)
23 First class (6)

DOWN

1 Foreign language (6)
2 South African currency (4)
3 Friday night to Sunday usually (7)
4 Pastime or game (5)
5 Rebuked or scolded a person (8)
6 A sub-automic particle — "pet lon" anagram (6)
12 A double-crosser or a cheat? (3-5)
14 Small seals–"Ingests" anagram? (7)
16 Female warrior (6)
18 Cowardly (6)
19 Delay action about, colloquially speaking? (3,2)
21 Leaps on one foot (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS G

YR YJ GTR IPYM RT PJS TI TRUQMJ CUPR ZTL PMQ LG-CYNNYGX RT FT ZTLMJQNI.

Linemaro

I was blinded by your beauty, so I need your name and number for insurance reasons

Mindchow

Stop worrying about nonessential numbers like your age, weight and height

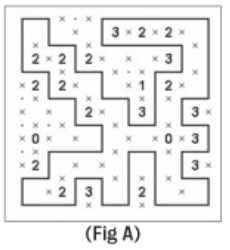
Joke of the day

"I want to buy a dress to put on around the house."
"Yes, Madam. How large is your house?"

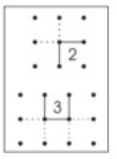
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



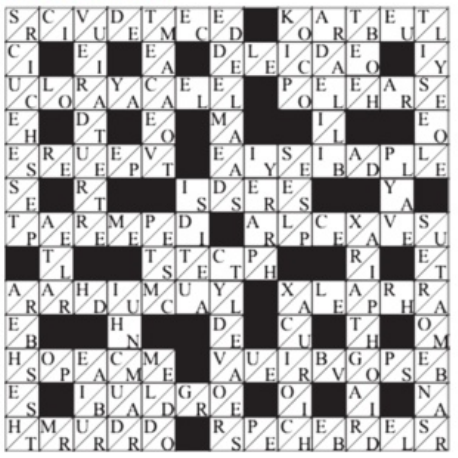
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

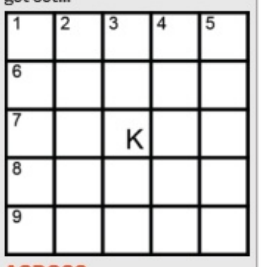
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Bores; 6 Raita;
7 Saker; 8 Whale;
9 Slink

DOWN

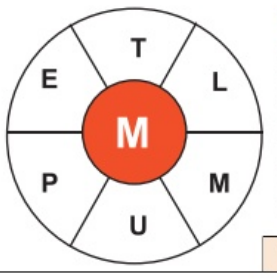
1 Raw LB; 2 Irish;
3 One AK; 4 Stake;
5 Laser

Mensapuzzle

Reading across, down or diagonally, which three consecutive numbers give the highest total?

6	8	10	10	8	10
10	11	7	7	1	18
9	9	10	7	12	1
7	9	10	8	7	8
12	10	7	9	11	8
9	8	12	7	10	10

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

SudokuChallenge

1				5				3
5	4		2	8			6	
	3				1			5
	7			2		5	4	
	6	1		9			7	
3			6				8	
	2			7	5		3	4
9				4				6

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 13
3 7 8 9

Medium = 8
2 3 4 6

Hard = 21
1 3 6 2

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Spoon is missing, 2. Box is different. 3. Collar is missing, 4. Mouth is different. 5. Refrigerator handle is not as long. 6. Oven handle is missing.

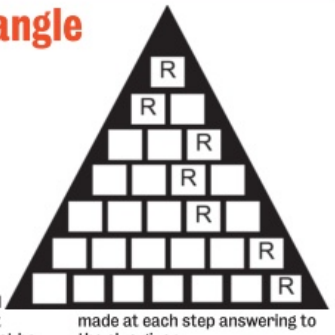
Riddler

When you curtail a word, you remove the last letter and still have a valid word. You will be given clues for the two words, longer word first.

1. Jewellery or stone carved in relief –> Arrived; moved toward something
2. Champion; type of sandwich –> That woman
3. Rope with a sliding loop at one end –> An unmarried young woman
4. Exhibition of cowboy skills –> Was carried on the back of an animal

Alpha triangle

1 Right letter
2 Egyptian sun God
3 Cup handle
4 British nobleman
5 Acquire wisdom
6 Slimmer
7 Gatherer



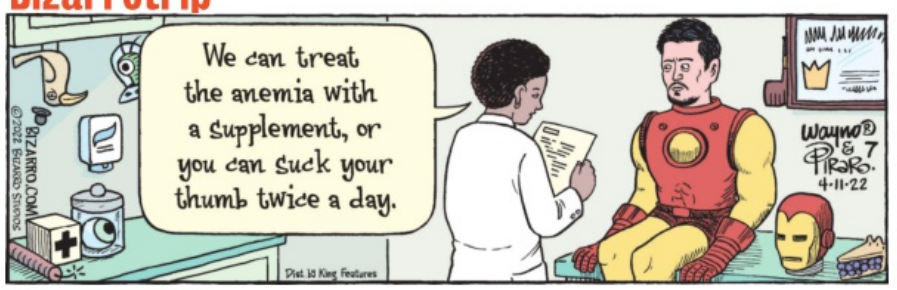
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip


We can treat the anemia with a supplement, or you can suck your thumb twice a day.
BIZARRO.COM
Wayno & Piraro 4-11-22
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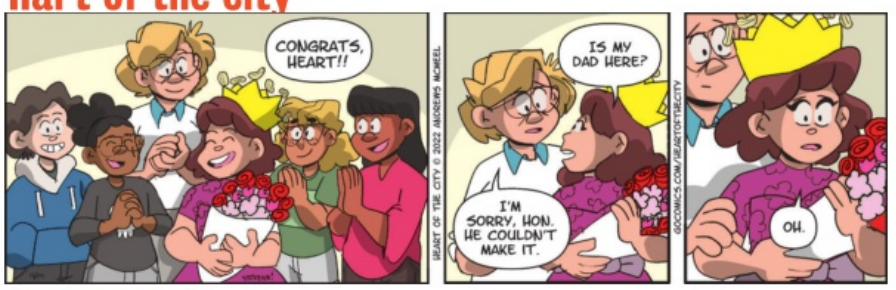
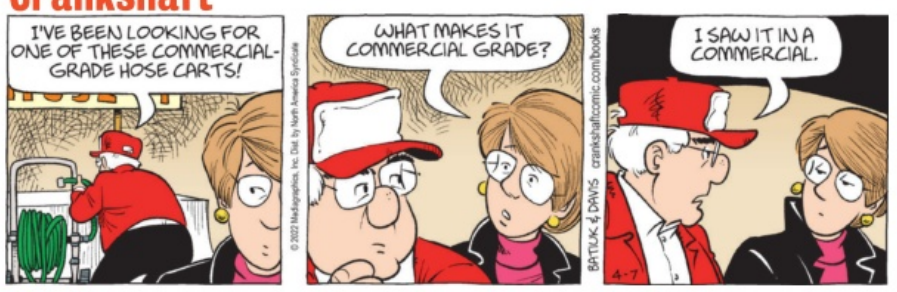
Diamond Lil

Hart of the city



Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel dull, it is advised to keep your mind cool, and it's a golden rule for you to think twice before any act. You may travel to recover your money; otherwise you may lose your money. You are also advised to avoid going for an adventure tour. Students are advised to go for in depth study to get success.

Taurus Apr 21 – May 20
Today, you may plan to renovate your house. You may buy some artefacts or creative stuff, which will improve your social status. You may also invest in properties and other assets. Romantic moments with your spouse are likely to be enjoyed, which will strengthen the emotional relationship with the spouse. Singles may find a soul mate.

Gemini May 21 – Jun 21
Today, you may feel happy. Chronic health issues related to family members are now cured. Money which was stuck may be recovered now, which may increase liquidity in the business. People who are in a job may get some incentives which will improve your financial health. Job seekers may get a job with the help of any relative or friend's reference.

Cancer Jun 22 – July 23
Today is important for domestic life. You may be busy with kids. You may hear some good news in terms of kids' education. You may buy some creative stuff for home or office to maintain your social status. You are advised to use wisdom while buying any household stuff or jewellery.

Leo Jul 24 – Aug 23
Today you may be impatient, which may reflect into your way of working. There may be some silly mistakes, which may stop you from completing your task. Investments in fixed assets are advised to postpone for some days. But with the help of an elder's blessings, you may overcome the messy situation.

Virgo Aug 24 – Sep 23
Today you are blessed by the moon; your destiny is likely to be with you. Today you may be more energetic and focused on your work. Your hard work may pay you in terms of success. Your subordinates may help you. You are likely to go for short work related travel. Some good news may come from your sibling.

Libra Sep 24 – Oct 22
Today, you may be able to control your expenditure on worthless things, which may increase your savings. You may be more creative today, you may use your creativity in your office or at home, which may enhance your social status. Love birds may likely get some support from their family members and friends for marriage.

Scorpio Oct 23 – Nov 22
Today, messy situations are now under control. You may feel peace in the mind. You may be able to make a proper balance in expenditure and earnings, which may increase in savings. You are advised to avoid too much travelling or overworking, it may affect your health. Students can start planning for their higher studies.

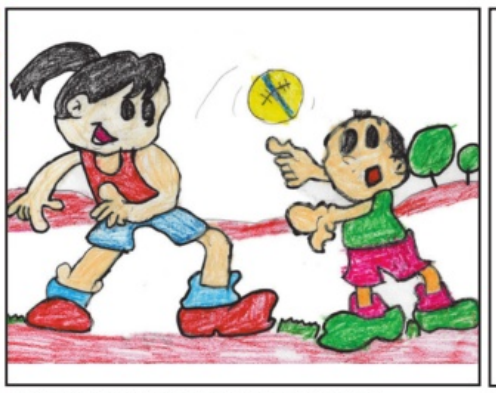
Sagittarius Nov 23 – Dec 22
Today, you may face health issues, which may make you impatient. You are advised to control your short temper. You may spend your hard earned money buying worthless things; it may affect your savings. Love birds are advised to avoid discussions on worthless topics, otherwise there might be a breakup of the relationship.

Capricorn Dec 23 – Jan 20
Today, you may meet some influential person, who may help you in the progress of your work. Your network will be strong with the help of that person. You may prepare yourself to implement new ideas into your work or business. You will plan to invest more capital into your business, which may give you financial gains in the near future.

Aquarius Jan 21 – Feb 19
Today, your mothers' health may be good. You may enjoy your work; you may get rewards after your hard work. Your social respect may be increased now. Overworking your mind may make you tired. Work may prevent you from attending a family event.

Pisces Feb 20 – Mar 20
Today you may be satisfied at work. You may plan for a short work related trip. You may also visit some religious places to maintain your inner peace. Your gurus may show you the right path, which may give you clarity in regarding your goals.

KIDZONE



Balram Sharma, 12 Years, Crescent English High School

Tejaswini M, 10 Years, SES English School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
The meeting date was the one that was inconsistent with the others, which was July 5th, as every other date's number equalled the number of letters in the month.

BULL'S EYE
lump, melt, mule, mute, plum, plume, PLUMMET, pummel

FAST FIVE

B	R	O	S	E
R	I	A	T	A
A	S	K	E	R
W	H	E	A	L
L	I	N	K	S

STRIKE OUT

T	R	U	R	O	R	E	C	E	D	E
E	B	U	D	G	E	I	I	N		
S	P	A	C	E	V	E	R	B	O	S
H	D	E	M	I	O					
C	O	R	A	C	L	E	P	L	E	A
I	E	A	E	L	I	D	E	Y		
R	I	V	E	T	E	D	K	A	B	U

QUICK

N	R	N	S	S	R	L				
C	O	M	E	T	O	T	I	P	T	O
Z	M	T	E	O	L					
P	A	R	I	S	I	A	N	H	U	L
M	T	S	G	E						
E	A	M	O	N	B	I	N	D	I	V
U	N	I	T	I	N	G	E	V	E	N
A	M	I	D	K	O	R	I	R	O	T
R	N	E	O	P	P					
M	E	N	A	G	E	P	I	E	C	E

MENSA PUZZLE
18, 12 and 8

QUOTE UNCODE
It is not fair to ask of others what you are unwilling to do yourself.

RIDDLER
1. Cameo -> Came,
2. Hero -> Her,
3. Lasso -> Lass,
4. Rodeo -> Rode

SUDOKU

9	1	7	3	4	8	2	5	6
6	2	8	9	7	5	1	3	4
3	5	4	6	1	2	9	8	7
2	6	1	5	9	4	3	7	8
4	9	5	8	3	7	6	1	2
8	7	3	1	2	6	5	4	9
7	3	2	4	6	1	8	9	5
5	4	9	2	8	3	7	6	1
1	8	6	7	5	9	4	2	3

ALPHA TRIANGLE
R, Ra, Ear, Earl, Learn, Learner, Gleaner.

GO FIGURE
Easy
8 – 7 + 9 + 3 = 13
3 x 4 – 6 + 2 = 8
Medium
Hard
3 x 6 + 2 + 1 = 21

LOOP

KAKURO

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Jennifer Hudson is EGOT Actor-producer Jennifer Hudson has received an 'EGOT' status with her 2022 Tony Awards win for producing musical "A Strange Loop". 'EGOT' refers to those who have won an Emmy, a Grammy, an Oscar and a Tony

Age is not just a number

Ageism exists in B-Town, but Dia is happy to get good parts at 40

Ageism was something women had to contend with, believes Dia Mirza who says it is "empowering" to see that roles are being written for actors of her age today. The actor, who was last seen in the 2020 film 'Thappad', said she is glad to challenge the status quo where women characters are still very much stereotyped.

"Ageism is something that we have to contend with and I am glad the opportunities that are coming my way today in so many ways have fixed this problem.

"Every time I get to play a powerful character in a good film, I am challenging that norm, resetting the big gap and divide that the industry had created for women post the age of 35 and limited them only to playing certain kinds of parts," Mirza told in an interview.

Before foraying into the film industry in 2001 with the romantic-drama 'Rehnaa Hai Terre Dil Mein', the Hyderabad-born actor was a successful model and won the Miss Asia Pacific title a year before. Over the years, she has made a mark for herself as an actor with roles in "\'Parineeta', 'Lage Raho Munna Bhai', and 'Honeymoon Travels Pvt. Ltd.'. Her career gained momentum post 'Sanju' and 'Thappad'.

Expressing gratitude to filmmakers for writing parts for older female actors, Mirza said she is thrilled she is getting the opportunity to essay well-rounded

Each time actor plays powerful character, she challenges age norm

roles at the age of 40.

"It is a powerful recognition and intervention that I am playing the best parts of my life now when I am 40. This is just so amazing, liberating, empowering and wonderful. It is a reflection of the fact that there are individuals in the industry that are evolving.

"And it is proof of the fact that you have to remain persistent, consistent and want to continue to push boundaries as a performer as opportunities will open up for you," she said.

Mirza also dipped her toes in the digital medium with the 2019 series 'Kaafir'.

Each role contributed to more interest and understanding of the kind of work she wants, she said.

"I see a definitive shift and also the way the stories are being treated. I would not have imagined the love, respect and recognition that 'Thappad' gave me because it was an underwritten part, it was not the one of the more prominent parts in terms of writing," she added.

Next for the actor is the upcoming sociopolitical drama 'Bheed', which reunites her with 'Thappad' director Anubhav Sinha, and 'Dhak Dhak', a road trip film alongside Ratna Pathak Shah, Fatima Sana Shaikh, and Sanjana Sanghi. **PTI**

Fatima as Indira

After impressing one and all with her performance in 'Modern Love Mumbai', Fatima Sana Shaikh is gearing up for her next.

The actress, who has been roped in for Meghna Gulzar's 'Sam Bahadur', will be seen essaying the iconic character of Indira Gandhi in the movie. The actress revealed that she agreed to do the movie only because of Meghna Gulzar. She only gave one look-test for the film.

Spilling some beans on how she is preparing to play India's first woman Prime Minister in the film, Fatima stated that she has been watching a lot of her old interviews and reading a lot of material on her. The actress also added that although all this won't be shown on screen, it is really interesting to learn about eminent figures who have changed history.

Spilling some beans on how she is preparing to play India's first woman Prime Minister in the film, Fatima stated that she has been watching a lot of her old interviews and reading a lot of material on her. The actress also added that although all this won't be shown on screen, it is really interesting to learn about eminent figures who have changed history.

— ETimes

All for female gaffers

Actress Richa Chadha along with producer-director Shuchi Talati has set up an incubation programme for women who hope to work as gaffers in the film industry through a programme called 'Undercurrent Lab'.

The special programme was launched on Monday with the objective of introducing more female gaffers in Hindi films.

In its first year, the 'Undercurrent Lab' will focus on training 10 women (selected through an interview process) in lighting for cinema. It will start with a first-of-its-kind, hands-on workshop, where the trainees will learn the art from gaffers and cinematographers from the industry.

After the week-long crash course, the girls will be sent out on the field, to work on film sets as trainees. Two of the 10 girls will be placed on the nearly all-women crew on Richa and Ali Fazal's maiden production 'Girls will be girls' which starts shooting from October.

Commenting on the occasion, Richa said in a statement, "When we set out to have an all-women team, we found that there's virtually no women who work in the lighting departments in Hindi films. So our associate, Tanya Negi came up with the idea for this workshop.

"We are starting this programme for women which aims to increase the participation of women behind the camera. I hope the initiative seeds in a much larger change."

Brown boy in the ring

Actor Vicky Kaushal treated his fans to his new picture from Croatia on Sunday.

In the Instagram image, Vicky is seen flaunting his bearded look and uber cool haircut.

"Brown munda at King's landing," he captioned the post.

Vicky's image has left fans in awe of his style.

"Oh My God! so so hot," a social media user commented.

Filmmaker Karan Johar reacted to the image with red heart emojis and a fire emoji.

"Good looks, good looks and good looks," a netizen commented.

On the work front, Vicky, who was last seen in filmmaker Shoojit Sircar's Sardar Udham, will star next in Govinda Naam Mera alongside Kiara Advand Bhumi Pedneker. He will also be seen sharing screen space with Sara Ali Khan in Laxman Utekar's upcoming untitled movie. Apart from this, he also has Meghna Gulzar's Sam Bahadur.

— ETimes